



- Training With Tina

*Learn to Run/Learn to Run Injury Free with the **Pose Technique***

Starting on Tuesday June 9th 2009, Tina Braam will be holding another session of 8 clinics, to learn to run more efficiently, and to improve endurance. Clinic topics include:

1. Flexibility
 2. Foot Placement
 3. Posture and Gravity
 4. Arms
 5. Muscular Strength
 6. Hill Training and Heart Rate
 7. Mental Acuity
 8. Review
- We will meet every Tuesday from 6:30 to 7:30 PM.
 - Our goal is to understand the need for flexibility and staying injury free, by using proper warm-up drills and proper running technique.
 - You will be provided with a comprehensive pre-run and post-run routine, and a running program to suit your needs should you require one.
 - In addition we will be available to answer individual questions after each practice session, and by email.
 - The cost of the entire training session is \$100.00.

For more information, or to register contact:

Petra at Petra.halk@sympatico.ca

Or phone Tina at 905-878-7104